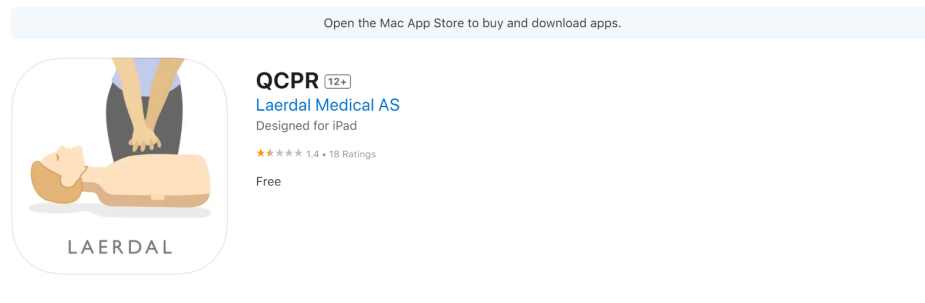


QCPR- How To Guide

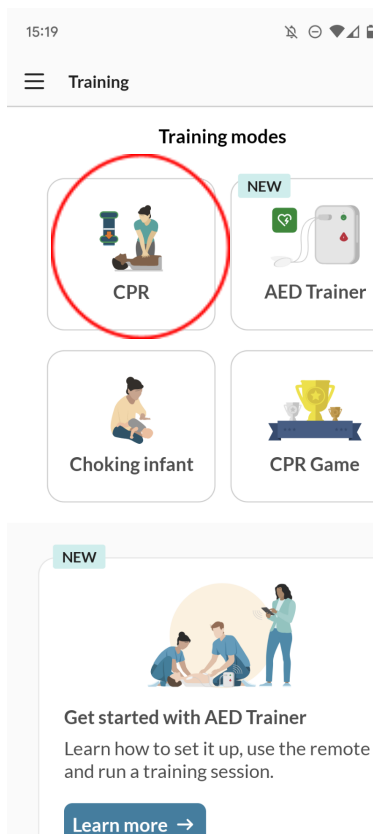
Connecting to the App

1. Download Laerdal QCPR app from the app store (Apple & Google Play).

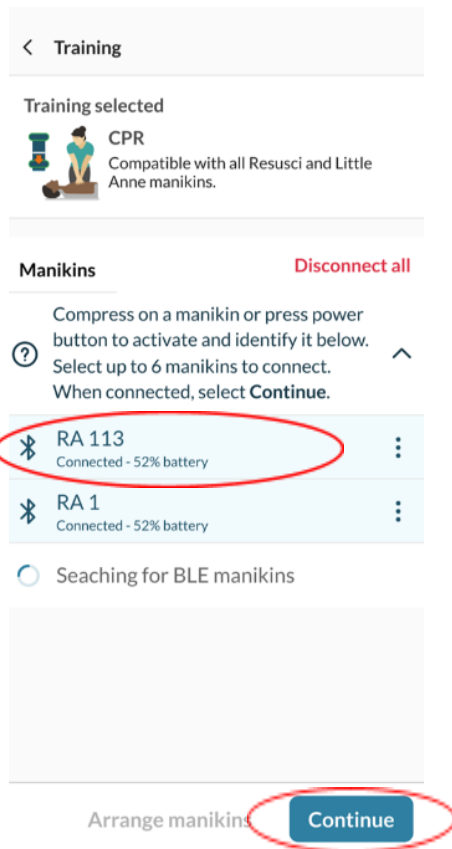
App Store Preview



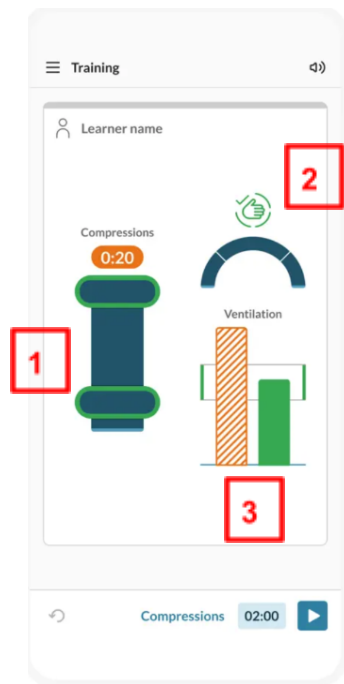
2. Create account & log in
3. Once logged in, the training modes page will open automatically. Select CPR.



4. Ensure that Bluetooth on your phone/device is switched on. Perform a few compressions on the mannikin to turn it on.
5. Select the manikin(s) that you wish to connect to and press continue. Up to 6 manikins can be connected to one device simultaneously. You will now be connected.



Using the App



- The QCPR app can be used to assess the chest compressions (rate & depth) and rescue breaths that a candidate is performing.

1. **Compression Depth.** A horizontal bar will move up and down as a candidate performs chest compressions. The ideal depth (5-6cm) is shown by the bottom green oval. The ideal recoil is shown by the top green oval. The bar should move between these ovals as a candidate is performing chest compressions.

2. **Compression Rate.** Speed indicator feature which uses an arrow to display compression rate. The middle zone indicates the ideal rate of 100-120 bpm.

3. **Rescue Breaths.** Rescue breaths should reach the green zone (shown on the diagram by the green bar on the right). A rescue breath that is too forceful (shown by the dashed orange

bar on the left) will overshoot this green zone. A rescue breath that is inadequate will not reach this green zone. If no bar is showing, this may indicate that a rescue breath is not being performed correctly, or that the lungs are not working as they should (if it is a consistent problem).

Troubleshooting

- If you would like any help or clarification on how to use the QCPRs or the app, please speak to a senior teacher or member of student faculty.
- For your reference, we have attached some FAQs below:

Q: I can't see my manikin appear on the connection screen.

A: Check that your phone's bluetooth is turned on. Try to turn on each manikin individually to avoid interference from other manikins in the room. If this does not work, please speak to a senior teacher or member of student faculty.

Q: I don't feel confident using the app and am unsure whether the candidate's chest compression rate is correct.

A: Don't worry! You can still manually count and time compressions using your phone's timer/a stopwatch whilst you gain more experience in using the QCPR app.

Q: I can't see a bar moving whilst the candidate is performing rescue breaths.

A: This may indicate that a candidate's technique is ineffective, please provide some more explanation of technique, or escalate to a senior teacher if more help is needed.

Alternatively, the manikin lungs may be broken and need changing. Please ensure that you deliver a few rescue breaths to check the manikin before the start of each session, so that any issues can be addressed before candidate arrival.